



Dear Green Fleet Families,

The Annapolis Yacht Club would like to thank you for participating in this year's summer program and welcome your families to the AYC Jr. Sailing Team. The Green Fleet team is a fun and exciting way to become more involved in the sport of sailing, not only racing skills but also a lifetime of enjoyment on the water. We have a great year planned and can't wait to get started sailing. Since Annapolis Yacht Club Junior Sailing Team has started in 1948 we have produced some of the greatest sailors in the world.

Included in this packet you will find some valuable information regarding the AYC Jr. Sailing Team:

- Frequently asked questions by new sailing families
- Sailor and parent regatta expectations
- Code of Conduct for Sailors and Parents

Please feel free to contact me if you have any questions regarding the upcoming season.

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Frequently asked questions about sailing

What exactly is “Green Fleet”?

-Green Fleet is for new opti sailors to work on improving their sailing skills, including advanced boat handling, learning sail trim technique, and providing the opportunity to experience racing. During green fleet practice sailors will concentrate on skills and habits that will help them progress to handle their boats more efficiently around a course. Our group will advance quickly and sailors joining during the season will need to demonstrate some stronger skills set. Private lessons are available if you feel your sailor needs to brush up on his/her skills.

Upon successfully completing Green Fleet, a sailor can move up to the Optimist Race Team (RWB):

White Fleet-for experienced racers ages 10 and under

Blue Fleet-for experienced racers ages 11 and 12

Red Fleet-for experienced racers ages 13-15

What is an Opti?

- “a flat-bottomed, hard chine, pram-bow dinghy with a una spritsail” (The Observer’s Book of Small Craft)
- “a bathtub that breeds the best sailors” (Observant Sailor)
- 7’6.5” Ft long, 3’8” Ft wide. Weight 77lbs. Made of fiberglass
- Easily transported on top of any car
- Safe and simple enough for an 8-year-old but exciting and technical enough for a 15-year-old
- Over 150,000 kids in over 100 countries cannot be wrong. The Optimist is not only one of the biggest dinghy classes in the world, it is the fastest growing.

Do we need to attend all the practices or regattas?

-No. We do not expect everyone to be able to be at every practice or regatta. But we do recommend that you try to be a part of every event that we schedule so your sailor can practice their skills and put them to good use. The more time spent on the water practicing, the more their skills will improve. We understand that our Sailors have homework and other commitments during the school year. It is our policy that school work comes first.

What are regattas?

-A series of boat races that normally last from 8am-5pm on weekends or weekdays. They are usually formally structured events, with comprehensive rules describing the schedule and procedures of the event. Regattas may be organized as championships for an area or type of boat, but are often held just for the joy of competition, camaraderie, and general promotion of the sport.

How do I know when my child will be ready to compete in a regatta?

-Racing is divided by beginning (Green fleet) and more advanced racers (White, Blue and Red fleets). This is a wonderful way for new sailors to get their feet wet. Coaches can coach the back half of the green fleet during most regattas and this is a huge help for new sailors; however, there are periods of time when the coaches will be assisting other sailors. For this reason, sailors must not just have the skills to race, but the maturity to handle being on the water in a boat by themselves in the wind conditions that are present. The goal of the AYC Jr. Sailing Team coaches is for sailors to take part only in the conditions that they are ready for, but this can be difficult with constantly changing conditions. The geography and typical wind conditions of certain regattas can also impact the decision of whether a student is ready or not to race. AYC Jr. Sailing Team recommends following the recommendations of the coaches as to when your child is ready to compete. Your coaches are aware of the different regatta sites and the challenges that may impact your child's success. However, please keep in mind that it is difficult to predict the weather and there may be times when your child travels to and pays for a regatta that he or she may not be able to sail in one or more of the races due to unpredictable weather conditions.

Are parents required to attend regattas?

-Yes, parents or a designated guardian must arrange their own transportation and accommodations for regattas. Parents must also be available should their child need to come off the water early. Please give your coach your contact information during a regatta, so you may be contacted if this is necessary.

Can parents watch the race on the coach boats?

-No, for safety reasons space on the coach boat needs to be available for the sailors should someone need assistance; however, parents are encouraged to bring their own boats if they wish, or alternatively, at some venues charter boats may be available.

What if this is my first regatta? What do I do?

-Races consists of both local and out of town regattas. Regattas are typically held at yacht clubs or community sailing programs. However, some are held at resorts and parks next to the beach. The regattas that AYC Jr. Sailing Team will attend are on the printed schedule which is included with this packet or emailed.

If I plan to go, what do I need to do?

1. Go to the event website and download the notice of race (NOR) for review.
2. Register online. You will need to know your sailors' SAIL #. The SAIL # will be assigned by the coach at the beginning of the season or can be found on your sailor's sail.
3. Hotel reservations. We recommend you stay at the same hotel as the team. It makes it a lot more fun for the kids and easier for the coaches. We will try to reserve a block of rooms for each regatta. The hotels are chosen by proximity, reasonable price and kid friendly. You can however, make alternate plans if you prefer. To help make your plans easier, AYC Jr. Sailing Team has designated a green fleet team parent to help communicate travel accommodations and send reminders about regatta deadlines.

What next?

Regattas typically take place on Saturday and Sunday and they include between 3 and 5 separate races each day (depending on the weather) with time for lunch on the water with your coach. Plan on an early start on Saturday. We will hold a team meeting a half an hour prior to the competitors briefing or skippers meeting. The briefing time will be printed on the notice of race (NOR) and sailors must be rigged and ready prior to the team meeting.

The sailors are usually off the water by 4 pm on Saturday and 2 or 3 pm on Sunday with the awards commencing by 4:00 pm on Sunday. We recommend driving on the Friday before the event. Check in, get a good night's sleep and be at the regatta venue early, normally 8 am or earlier to help unload your boat. Print out and keep the Notice of Race with you. Be ready to sail when you arrive at the event on the morning of, you will not have time to go back to the hotel. Don't forget your gear bag, sail and blades.

The practice before the event

1. Load your boat after practice. If your child is unable to attend the practice please be sure your boat gets loaded before the trailer leaves AYC, by designating a family to make sure your boat is loaded. AYC Coaches are not responsible to load or unload any sailor's gear or boat.
2. Tie down your boat for safe travel. We recommend purchasing tie down straps to secure properly if you plan on car topping your own boat.

Regatta Day

1. You need to find the group and look for the club trailer.
2. Unload your boat from the trailer. This is a team effort. Please help each other load and unload the boats.
3. Bring your dolly to transport your boat to the loading area. Be sure to tag your dolly so you will know which one is yours in the pile at the regatta-there is usually a pile of more than 200!
4. Have your sailor rig his or her boat on the dolly.
5. While your sailor is rigging, go to the registration table and check-in.
6. After the sailor rigs his or her boat have your coach check it before the team meeting.

Team Meeting

1. The coach will call a team meeting a half an hour prior to the skippers meeting. At this time, the coach will review the sailing instructions and update the kids.
2. Parents should stay around to help the sailors launch their boats. Parents also need to help retrieve sailors in the afternoon.
3. The coaches stay with the sailors on the water. In the event that a sailor must come in early, a parent or designated person must be available for them on shore. Please give your coach a contact number so we may contact you.

Afternoon and Evening

-Please be sure to check with your coach for any group activities after racing. You must also check with your coach to obtain the time for the group to meet on the next day. Get a good night's sleep.

After the last Race

1. Bring your boat back to the trailer and load your boat. Parents are responsible for tying down the boat for safe travel. Don't forget your blades, sail and dolly which should be returned to AYC at the next practice.
2. We recommend everyone staying for the trophy presentation even if they don't expect to receive an award. Participant's medals are typically given to all green fleet sailors.

What are some good websites to find out more information?

- www.sailflow.com Very useful windsite
- www.USODA.org US Optimist Dinghy Association; Parents handout
- www.apsltd.com Local sailing gear/boat parts supplier
- www.fawcettboat.com Local sailing gear/boat parts supplier

How can I get in touch with the AYC coaching staff?

- Email; juniorfleet@annapolisyc.org
- Office phone; (410)263-9267 ext. 109

Sailor Checklist

Make sure everything is labeled with your child's last name

What should my sailor wear/bring to practice?

- Swimsuit
- Clothes that can get wet
- Refillable bottle with water/sports drink (at least one, no soda)
- Watch (needs a countdown timer), Waterproof watch with a countdown timer that can be set at 3 and/or 5 minutes. Please teach your sailor how to use the watch and bring it to practice for him/her to practice before the first regatta.
- Shoes/sailing boots (must be closed toe) AKA not flip flops!
- Sunscreen must be applied before going out—there may be times when it cannot be reapplied on the coach boat during the regatta—you may want to bring stick sunscreen to attach to your child's lifejacket or boat so he or she can reapply themselves
- Whistle (required by Opti class rules)
- Personal lifejacket, US Coast Guard Approved
- Lunch & Snacks

Highly Recommended:

- Hat with a strap so it doesn't get lost
- Sunglasses and sunglasses strap. Polarized sunglasses reduce glare and help sailors spot the wind on the water.
- Towel with change of Clothes, to leave on SHORE
- Extra Bailer (Ice tea/ orange juice/ laundry soap jugs with handles are great!)
- Gloves
- Long sleeve sun shirt

What should my sailor wear/bring to Regattas?

- All the above!!!

***Remember that the weather can change very quickly and you need to bring clothes for all kinds of weather.

Parts for the boat: This is a good basic packing//boat checklist

- Sail
- Mast
- Boom
- Sprit
- Extra Sail Ties
- Daggerboard
- Rudder with tiller extension
- Hull
- Wind indicator
- Bailers (2)
- Mast Clamp (this is an item that can help save the boat from damage during a capsize, but it must be used correctly-so it can wait till your sailor has more experience).
- Opti paddle-these are required at many regattas-you may purchase them at regattas
- **Team AYC Pinnie (available for purchase from AYC Coach for \$25 and must be worn at every regatta)**
- Leatherman or sharp scissors and pliers (to undo tight knots) and a lighter to burn the ends of the line
- Large plastic bag for sailing instructions and course diagrams. Sailors can keep this information under the straps that hold the airbags.
- Make sure to check:
 - ✓ Mainsheet Properly Stowed
 - ✓ Bowline Coiled (stored in bow rail)
 - ✓ All 3 airbags inflated and secure
 - ✓ Mast tie down line or mast clamp

Sailor and Parent Regatta Expectations

For the regattas to go as smoothly as possible, we ask that all parents help us with some small duties both in the morning and at the end of the day. Although the sailors will be taught how to rig and derig their boats on their own, there will always be some tricky parts that parents can help with.

For each regatta, we ask for 4 volunteers for each fleet, 1 Parent of the Day (P.O.D.), 1 parent to bring snacks for the fleet and 1 parent to bring water and drinks. Sometimes we will need a parent volunteer to tow the coach boat to and from regattas. This parent will coordinate and work with the coach to make sure the boat is launched prior to the skippers meeting and make sure the boat is taken out of the water after the event.

Snacks/Drinks: Please NO sugary items or soda! Pre-cut fruit, granola bars, individual snack bags, sandwiches, think of foods that are easy to eat in an Opti and don't make a mess on the coach boat. Treats are always welcome to enjoy on the way in from regattas or after practice (chocolate melts). Also, due to many sailors' allergies, we cannot have nuts on the coach boat.

Preregistration:

Normally you can register for the regatta ahead of time. Take a look at the club's web site and look for what is called a Notice of Race. The Notice of Race tells you all you need to know about the regatta. Many times, there is a discount if you register early.

Competitor's/Skipper's Meeting:

- Before the sailors are let loose on the water the Race Committee (the people who run races) will have a meeting. It's called the either the Competitor's Meeting or the Skipper's Meeting. Here at the meeting, the details of the regatta are explained. It's very important to be at this meeting as there may be some local information that you need to hear. If there are any questions to the Sailing Instructions this is where to ask. The sailor should be rigged (have the boat ready to sail) and be fully dressed for sailing at this meeting, because normally the harbor start follows right after completion of the meeting.
- We will have a team meeting right before or after the skippers meeting at every regatta. During this meeting, we will discuss the course to be sailed, tactics and strategy, and ultimately, how we are going to have the most fun. Be sure to have your sailor at the venue early enough to get rigged for our team meetings.

Transporting an Opti:

- Prior to each regatta, we will pack our boats up as a team at the end of practice usually the day before the regatta. The coaches will be there to assist all the gear necessary to compete. This will include the sail, sprit, boom, mast, bailers, rudder and daggerboard.

During a regatta:

- If you have a boat and plan on being on the water during a regatta, it is important to check with the coaches regarding some simple rules that need to be followed. Parents are not permitted to go on the coach's boat during regattas or practices. Before and after the races

the sailors are permitted to talk to their coaches and parents, however while they are racing, ONLY coaches are permitted to communicate with sailors in the back of the back half of the fleet. After a race, please make sure the sailor checks in with the coaches before the parents.

- We will also need a volunteer to be the **Parent of the Day (P.O.D.)**. Most days the sailors will be out on the water for an extended period of time, however, from time to time a sailor may have to be taken back to shore. If this is the case, it is good to have a familiar face onshore greeting the sailors back at the dock and to make sure they are well attended to if there happens to be a problem. This parent is the only person allowed to contact the coach on the water.



Annapolis Yacht Club Summer 2018 Optimist Schedule Green Fleet



Important Information

- All sailors' registration will be revised by coaches prior to the start of the program in order to make sure sailors are placed in the appropriate class.
- Sailors must provide their own boats, or contact AYC Head Optimist Coach regarding chartering an Optimist for practices and regattas. Price of 2018 Charters is \$35/day.
- Prices do *not* include transportation costs or coaching expenses for travel events during the season.
- Signups for the team registration must be done a week in advance on the designated Google Doc.

Summer 2018 Important Dates

Date	Event	Location
6/23-24	JO'S Atlantic Coast Championship	Brant Beach Yacht Club, NJ
6/28-29	MD State Championship	Rock Hall Yacht Club
7/5	AYC Jr Annual Regatta	Annapolis Yacht Club
7/6	Sandy McVicker	SSA
7/10	Maryland Yacht Club Jr Annual	Pasadena, MD
7/12-13	Junior Olympics	Baltimore County Sailing Center
7/14	Measurement for Opti Nationals	Pensacola Yacht Club
7/15-18	Opti Nationals	Pensacola Yacht Club
7/17	Gibson Island Yacht Squadron	Gibson Island
7/18	Indian Landing Boat Club	Indian Landing Boat Club
7/19	Girls Opti Nationals	Pensacola Yacht Club
7/25-26	TAYC Jr. Annual	Oxford, MD
8/9	Miles River Jr Annual	Miles River
8/11-12	Oxford Regatta	Tred Avon Yacht Club